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## A MIDWINTER

### FISHING TRIP

Fishing in wintertime? For some this means cutting holes in ice-covered lakes and catching live fish; but for most of us, winter fishing expeditions only go as far as the grocery store. We may come home with salt fish, canned fish, smoked fish, pickled fish, or frozen fish. There are many kinds to be had, even at a considerable distance from their native waters.

\_\_\_\_\_, nutrition specialist at

\_\_\_\_\_, has checked over some of the possibilities. Take (name of institution), salt fish, to start with - cod and mackerel, especially. Both will need to be freshened before they are cooked. The mackerel will need longer soaking than the codfish, because it is in a whole piece; the codfish, if not already shredded, can be diced or broken into flakes. After freshening, the mackerel may be baked or broiled; the codfish served in old-fashioned "codfish balls" or creamed, or with tomatoes and spaghetti. "Picked-up codfish" is just codfish with scrambled eggs.

One of the most widely distributed canned fish probably is salmon. There are five grades of canned salmon, ranging from the high-quality solid chunks of delicately flavored red salmon down through the pink varieties to the less solid but still good-to-eat grades. These are entirely satisfactory for salmon loaf, creamed salmon, or salmon scallop and cost less than the steaklike grades.



Tuna fish, herring roe, crab meat, lobster, shrimp, mackerel, kippered herring and sardines are some of the other canned fish most grocers carry in stock. The last two are smoked before they are canned.

Smoked haddock is often called by its Scotch name, "Finnan haddie", and is one of the nicest of the smoked fish the grocer carries till the weather turns warm. Smoked Finnan haddie requires very little freshening, and can be simmered tender in about half an hour. It may be served simply with butter or a white sauce may be passed with it. Other smoked fish often on sale are bloaters, whitefish and kippered herrings not in cans.

Grocers far from the sea coast may carry frozen fish from time to time, including oysters and clams, and frozen fillets of such white-fleshed fish as fresh haddock or flounder or sole. These fish fillets are usually an economical buy, because all bone and waste have been removed before the fish were dressed for freezing.

To thaw out frozen fish, leave it at room temperature an hour or two. Then cook it promptly in any of the ways suitable for the same fish fresh caught.

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